

Check the Weather – What to Know

It's important to check the weather before you head out for water activities. Here are some basics you should always check:

- Weather conditions for your activity area
- Weather warnings – will they affect your safety?
- Wind conditions and expected wind changes.

For marine waterways:

- Wave conditions and heights
- Times for high and low tide

For inland waterways:

- Flood warnings issued for your activity area.

WEATHER INFORMATION

www.bom.gov.au

Try MetEye for 7 day forecasts every 3 hours for any location. Check the UV index and find out what times sun protection is required during the day.

SURF REPORTS

www.coastalwatch.com.au

Surf reports, forecasts and surfcams.

EPA BEACH REPORT

www.epa.sa.gov.au/environmental_info

During the summer months the Environmental Protection Authority provides beach water quality advice from Semaphore to Noarlunga.

Always tell someone your plans, where you're going and when you'll be back



Don't Drink and Drown

Drinking or taking drugs around water affects your swimming ability and judgement for maintaining your own safety, increasing your risk of drowning.

- Don't swim when you've been drinking or taking drugs
- Remember alcohol and drugs can affect your sense of balance and disorient you in the water
- In South Australia, it's an offence for vessel operators, waterskiers or ski observers to have a BAC of 0.5 or more or to be under the influence of alcohol or drugs. Severe penalties apply.



Older South Australians

- Don't overestimate your swimming ability
- Know the impact of medication and pre-existing illnesses
- Keep active and familiar with water by visiting your local pool
- Over half of people who have drowned in this age group haven't intended to enter the water, and
- Take extra care not to slip or trip and ensure you are capable and prepared to rescue any children in your care.

www.royallifesavingsa.com.au

Drowning deaths in people aged 55+ is of high concern



South Australian Water Safety Committee



www.safecom.sa.gov.au

Public Pools

Your local public pool is a great place for the whole family to swim and participate in water programs.

- While lifeguards provide professional supervision for all pool users – parents/carers still need to watch their own children around the water
- Children aged under five should be within arm's reach at all times; children aged under 10 should always be in your sight, and
- Ensure your children learn to swim – enrol them in a swimming and water safety program at your local pool.

www.recreationsa.org

Parents supervise, lifeguards save lives



0.3m



CAUTION SHALLOW WATER



NO DIVING



All Children Under the age of 10 MUST be actively supervised by an Adult over the age of 16 at all times

Water Safety and Swimming Lessons

VACSWIM SA provides primary school aged children with opportunities to develop a range of skills and positive experiences in the areas of:

- Water safety
- Confidence and competence in the water
- Personal survival activities, and
- Basic aquatic emergency procedures.



The program is conducted by qualified instructors in controlled environments located at more than 130 sites across South Australia including school pools, public and private pools, beaches and lakes.

VACSWIM is delivered in partnership by the YMCA, Surf Life Saving and Royal Lifesaving.

For information relating to each VACSWIM site as well as a direct link for online enrolments, visit:

www.vacswimsa.com.au or phone (08) 8200 2528

For information about adult programs or clubs and more advanced programs visit:

www.royallifesavingsa.com.au www.surfrescue.com.au

www.austswim.com.au www.swimming.org.au



Home Pools and Spas

Home pools and spas are a real danger for young children and are required by law to have suitable safety barriers.

- Always supervise children in and around the pool
- Ensure your pool/spa fence is compliant - check and maintain it regularly
- Never leave pool gates propped open
- Always empty inflatable pools and paddling pools immediately after use
- Ensure your children learn to swim, and
- Learn CPR and display a resuscitation chart on your pool fence.

www.dpti.sa.gov.au/planning

www.spasa.com.au

Never take your eyes off children around water



Rural Properties

A 'Child Safe Play Area' can be used to restrict children's access to water that you cannot fence on rural properties.

- Fill in unused holes where water can gather
- Securely cover water storage such as wells and tanks
- Ensure all gates on your property are closed.

For instructions on setting up a child safe play area visit:

www.farmsafe.org.au



Around the Home

Water is fun and enjoyable for children. However, it can also be a safety hazard to young children.

- Keep a close watch on your child in and around water
- Always empty the bathtub, buckets and sinks immediately after use
- All pools must have suitable safety barriers to restrict access
- Teach children to swim and learn resuscitation.

www.kidsafesa.com.au



A child can drown in as little as 5cm of water in less than two minutes

IN AN EMERGENCY CALL 000

RESUSCITATION ACTION PLAN (DRSABCD)

D DANGERS CHECK FOR HAZARDS/RISKS/SAFETY Remove possible dangers	U NRESPONSIVE? NOT BREATHING NORMALLY COMMENCE CPR
R RESPONSE CHECK FOR RESPONSE Can you hear me? Open your eyes. What's your name? Squeeze my hand. Let go.	A DULT 8 YEARS OF AGE AND OLDER HEAD TILT: FULL COMPRESSION: 2 HANDS, 1/3 OF CHEST DEPTH
S SEND SEND FOR HELP - DIAL 000	C HILD 1-8 YEARS OF AGE HEAD TILT: FULL COMPRESSION: 1 OR 2 HANDS, 1/3 OF CHEST DEPTH
A AIRWAY OPEN THE AIRWAY Check the airway. Clear if required.	I NFANT LESS THAN 1 YEAR OF AGE HEAD TILT: NEUTRAL COMPRESSION: TWO FINGERS, 1/3 OF CHEST DEPTH
B BREATHING LOOK, LISTEN AND FEEL FOR BREATHING	
C CPR GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 BREATHS. PUSH FIRM, PUSH FAST.	
D DEFIBRILLATION ATTACH AUTOMATED DEFIBRILLATOR ASAP AND FOLLOW ITS PROMPTS.	

IF YOU HAVE A SPEECH OR HEARING DISABILITY CALL VIA THE NATIONAL RELAY SERVICE ON 106

Beach safety

South Australia's most popular beaches are patrolled by surf life savers during the summer months.

On a patrolled beach always:

- Swim between the flags.
- Never swim alone.
- Never swim under the influence of drugs or alcohol.
- Raise one arm if you are in trouble

On all beaches always:

- Check beach safety signs
- Assess weather and water conditions.
- Ask a local about the beach.

 www.surfrescue.com.au

 www.beachsafety.org.au

Always swim between the red and yellow flags



Surfing and Bodyboarding

Some of the best surfing experiences in the world can be found in South Australia.

- Always surf or bodyboard with a mate
- Check and assess conditions before you head out in to the surf
- If you get in trouble, stay on your surfboard or bodyboard to stay afloat
- Check beach safety signs
- Beginner surfers should start with a lesson from a Surfing Australia affiliated surf school.

 www.surfingaustralia.com

 www.coastalwatch.com.au



Assess the conditions, wave sets and rip currents

Diving and snorkelling

Diving and snorkelling opens up a whole new underwater world, but it is important to follow a few simple rules to stay safe.

- If you have a medical emergency during or after a dive, call the Divers Alert Network (DAN) 24-hour Diving Emergency Service on 1800 088 200
- Don't dive or snorkel if you are feeling unwell
- If unsure about own medical fitness, consult your GP
- Always dive/snorkel with a buddy and stay with your buddy in the water
- Train with a recognised dive school.

 www.danap.org

 www.cavedivers.com.au

 www.padi.com

Inland Waterways

Inland waterways, including rivers, creeks, lakes and dams are great for water recreation, but it is important to remember they have many hidden dangers, such as submerged objects, debris and strong currents.

- Never swim alone
- Check the depth before you jump or dive in
- Check the water is okay to swim:
 - Read safety signs
 - Ask a local who knows the area.
- Never walk, swim, drive or ride through floodwater, and be aware of changed conditions to waterways after floods.

 www.ses.sa.gov.au

 www.waterconnect.sa.gov.au

Always look before you leap



Fishing

There are over 4,800km of fishing territory in South Australia. Recreational fishers using rods and lines don't need a licence, but you may need a permit for a reserve.

- Check water and weather conditions before you go
- Never fish alone
- Always tell family or friends where you are going and when you will be returning
- Be particularly cautious when rock fishing as waves may be unpredictable.

 www.pir.sa.gov.au/fisheries

phone FISHWATCH on 1800 065 522

 www.environment.sa.gov.au/marineparks

Fishing is not permissible in marine park sanctuary zones or 'no-take' zones.

Boating Safety

Boating is a great way to enjoy South Australia's coastline, lakes and river systems.

- Always wear your lifejacket – you may not have time to put it on in an emergency
- Always tell family or friends where you are going and when you will be returning
- 'Book on' with your local volunteer marine rescue group via VHF radio
- Always carry safety equipment aboard as required by legislation.
- Run regular maintenance checks on your boat.

For more information about boating safety and legislation visit:

 www.ondeck.sa.gov.au

Lifejackets save lives



Rip Currents

A rip is a strong current of water, running out to sea from the beach. Rips can occur at all beach locations, including bays.

- Avoid rip currents by swimming between the red and yellow flags
- If you need help, stay calm, float and raise an arm to attract attention
- To escape a rip, swim parallel to the beach
- Always conserve your energy; the waves can assist you back to the beach.

